

Life Space Crisis Intervention (LSCI)

LSCI is one of the many tools in a CSTC staff person's tool belt. LSCI is an approach assembled by Long, Wood and Fecser (2001) and gives us a framework for looking at "crisis" as a time for growth or opportunity. The work originates from Redl's (1959) concept of Life Space Interviewing, with some innovations around emergent situations and customized approaches. Life space is defined as a daily experience or the process of going through each day. Many CSTC staff have been to the weeklong training offered by LSCI instructors. Others have participated in small trainings or staff meeting updates to learn about how specific LSCI tools fit with an individual child or situation. The LSCI model works well in a milieu setting or long-term hospitalization because it emphasizes linking strong emotions and their behavioral expression. Another major component of LSCI is self-regulation, which relates directly to why many children are admitted to CLIP programs. Long et al write "self regulation emerges from understanding people and events in their environment, motivation to change unpleasant conditions, and trust in adults." LSCI brings helpful constructs such as Drain-Off (de-escalate), Timeline (event sequence), Central Issue, Insight, New Skills, and Transfer of Learning. Additionally, LSCI brings irrational beliefs to the surface and teaches about the cycle of conflict. At CSTC we have made posters to prompt staff and clients both with reminders of some of the key ideas of LSCI. The strategies and concepts of LSCI are clearly applicable in our setting, and we encourage you to learn more about the ideas and tools encompassed within this helpful program.

There is a website as well as a textbook to teach you more about LSCI.

Website:

<http://www.lsci.org/welcome>

References:

Redl, F. (1959). Strategy and techniques of the life space interview. American Journal of Orthopsychiatry, 29a, 1-18.

Long, N.J., Wood, M.M. & Fecser, F. (2001). Life space crisis intervention: Talking with students in conflict (2nd Edition). Pro-Ed Publications. Austin, TX.